

California Department of Corrections and Rehabilitations  
Richard A. McGee Correctional Training Center  
Basic Correctional Juvenile Academy  
PHYSICAL TRAINING SURVEY

Name: \_\_\_\_\_ Age: \_\_\_\_\_  
Last First

Female \_\_\_\_\_ Male \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_ Date \_\_\_\_\_

1. Do you presently run?                      **Yes**                      **No**  
  
If yes, how far do you run?    **<1 Mile**    **1 Mile**    **1.5 Miles**    **2Miles**    **>2 miles**  
  
If yes, how often do you run?    **Daily**    **Every other day**    **Every three days**    **Once a week**  
  
If yes, how long do you run?    **<15 Min**    **15-20min**    **20-25 min**    **25-30 min**    **>30 min**  
  
If yes, do you stretch before run?    **Yes**    **No**                      After you run?    **Yes**    **No**
2. Do you lift weights?                      **Yes**                      **No**  
  
If yes, what type of weights?                      **Machine**                      **Free weights**  
  
If yes, how long have you been lifting? \_\_\_\_\_
3. Do you participate in any fitness classes (circuit, aerobic, etc)?                      **Yes**                      **No**  
  
If yes, what type of class? \_\_\_\_\_  
  
If yes, how long have you been participating \_\_\_\_\_
4. Do you presently play any sports?                      **Yes**                      **No**  
  
If yes, what sport(s) and how long have you participated? \_\_\_\_\_
5. Do you do any other physical activity (swimming, biking, etc.)?                      **Yes**                      **No**  
  
If yes, what activity and how long have you been participating? \_\_\_\_\_
6. How many weeks ago did you receive the prospective candidate letter concerning physical training at the Academy (including the basic run/walk program)?  
  
**8 wks**    **7wks**    **6wks**    **5 wks**    **4wks**    **3wks**    **Other**
7. Do you feel you are physically fit for the Physical Training Program here at the Academy?  
                    **Yes**                      **No**